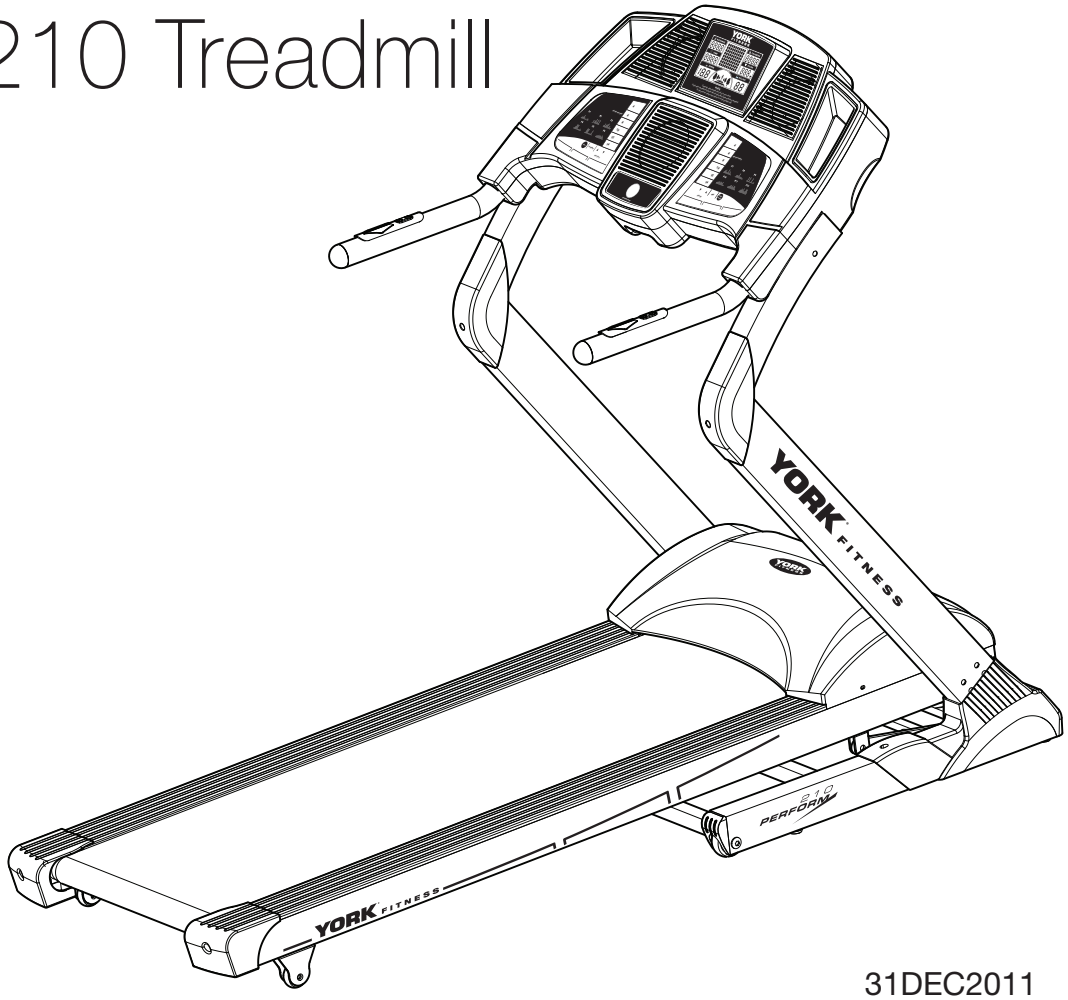
YORK®
FITNESS

Owner's Manual

Perform 210 Treadmill

51112



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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the product on a level surface.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- This product is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.
- In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable pull out the safety key, the treadmill will begin to decelerate until it stops.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/ fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes.
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 120kg

Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1&6-CLASS HC. Therefore the equipment carries the following marks:

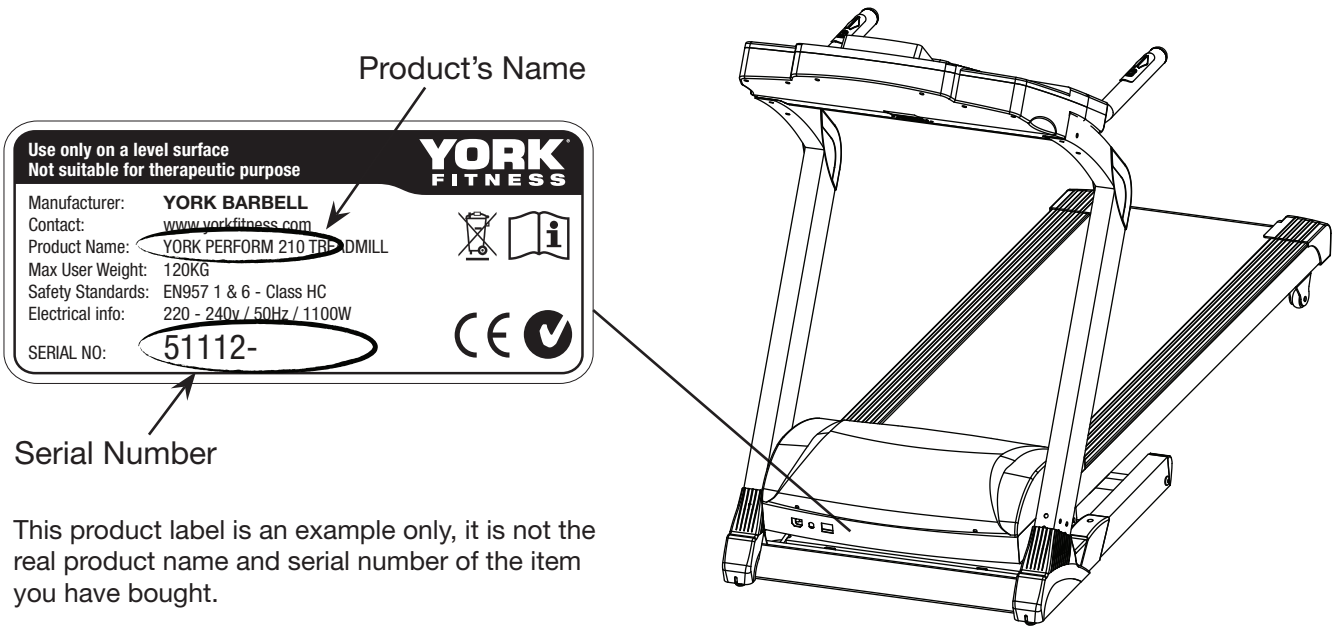
Customer support

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.


Product's Name
Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: YORK BARBELL
Contact: www.yorkfitness.com
Product Name: YORK PERFORM 210 TREADMILL
Max User Weight: 120KG
Safety Standards: EN957 1 & 6 - Class HC
Electrical info: 220 - 240v / 50Hz / 1100W
SERIAL NO: 51112-
Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions

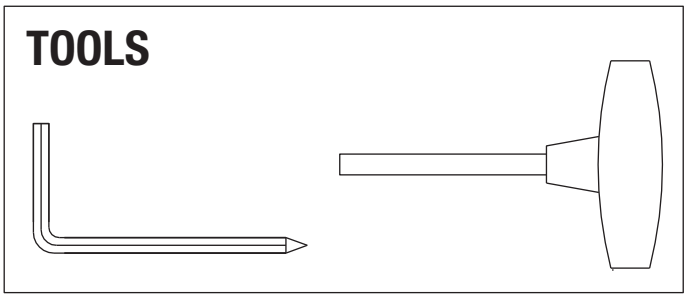
Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

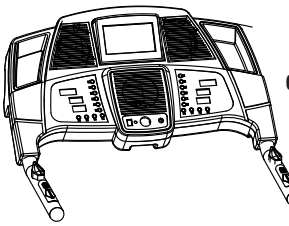
Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

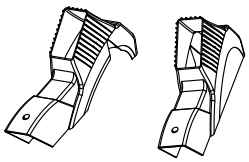
Open the carton - Check any warnings on the carton and make sure you have it the right way up.

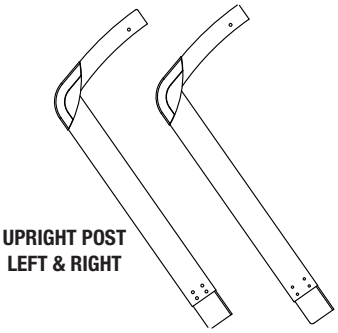
Unpack the carton - Remove all the parts and lay them out on the floor.

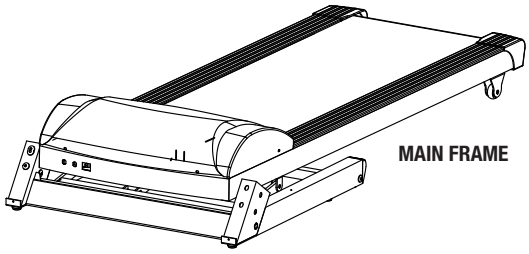
Make sure you have the following parts:




CONSOLE


BASE COVER L & R


UPRIGHT POST
LEFT & RIGHT


MAIN FRAME

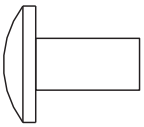
SAFETY KEY

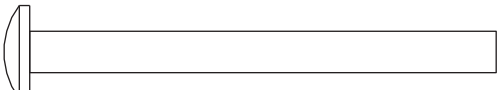
LUBRICANT

B x 2
CARRAGE BOLT
(M8 X 80 X 25)

C x 2
CARRAGE BOLT
(M8 X 65 X 20)

I x 8
FLAT WASHER
(Ø10)


D x 8
ALLEN HEAD SCREW
(M10 X 20)


A x 2
CARRAGE BOLT
(M8 X 90 X 25)

F x 2
SELF TAPPING SCREW
(ST5 X 12)

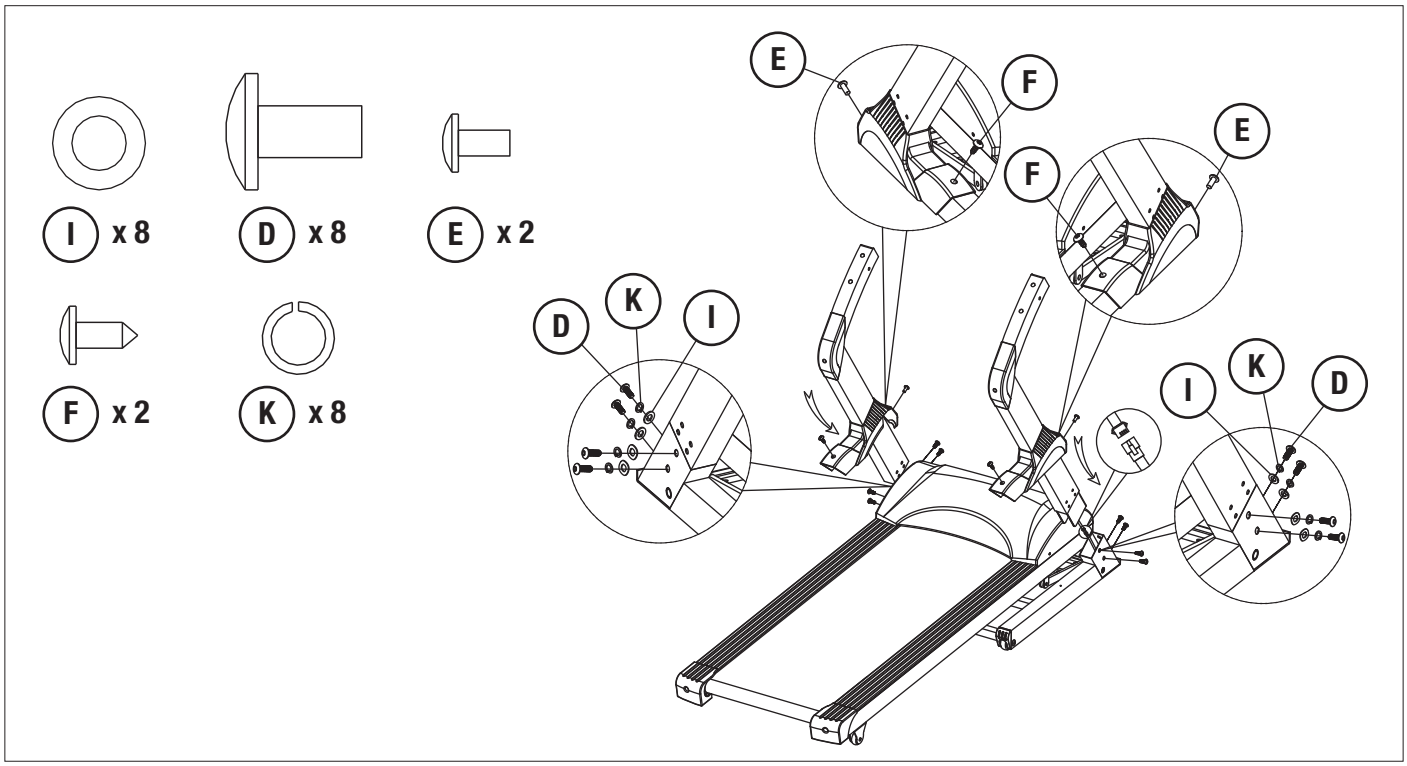
K x 8
SPRING WASHER
(Ø10)

J x 4
FLAT WASHER
(Ø8)

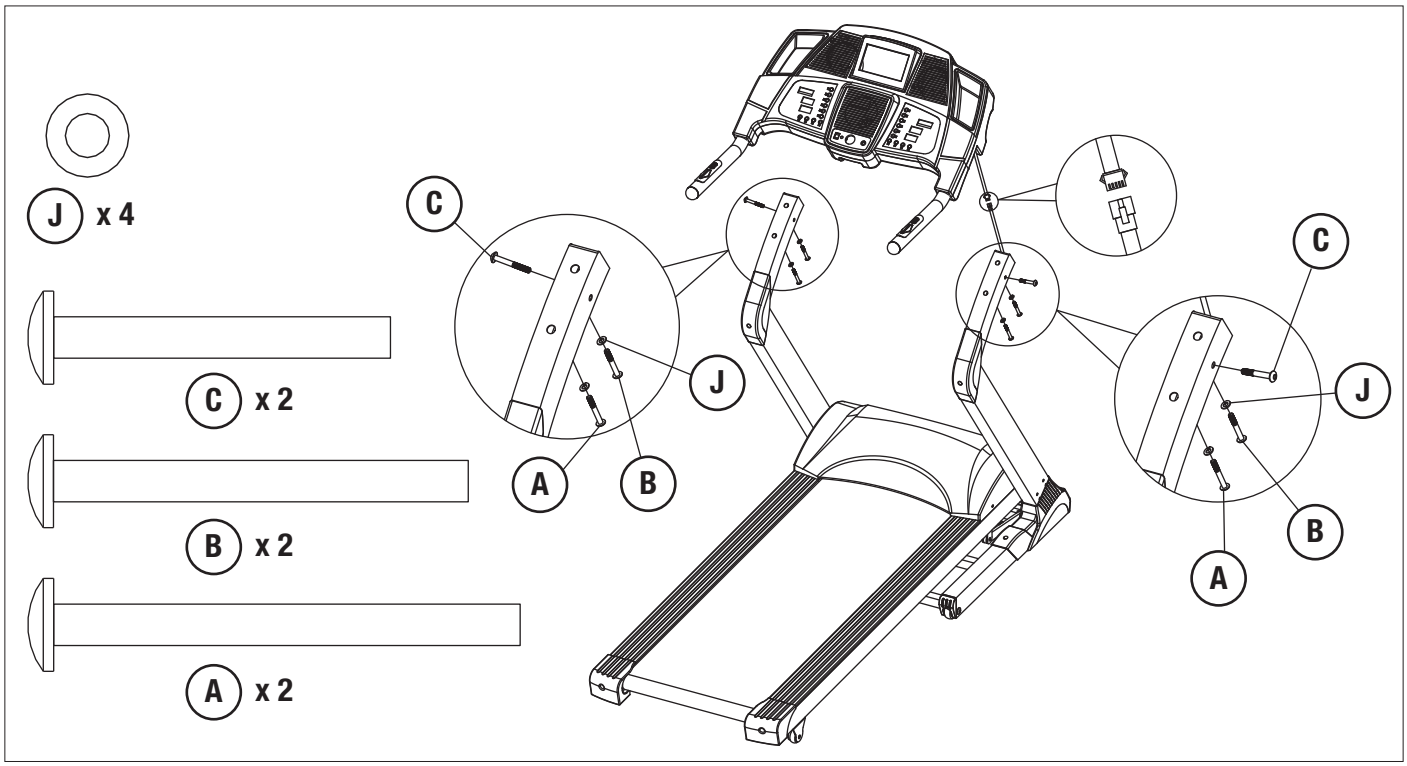
E x 2
ALLEN HEAD SCREW
(M5 X 10)

Assembly instructions

STEP 1



STEP 2

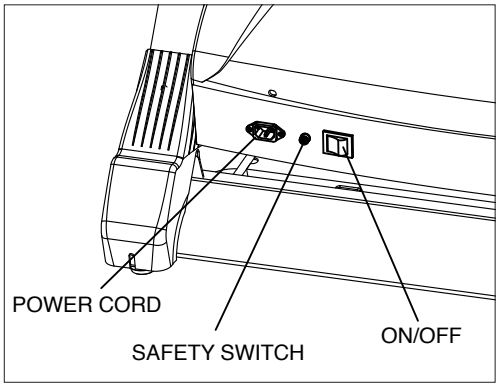


Operational instructions

Final Check

Your treadmill is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.



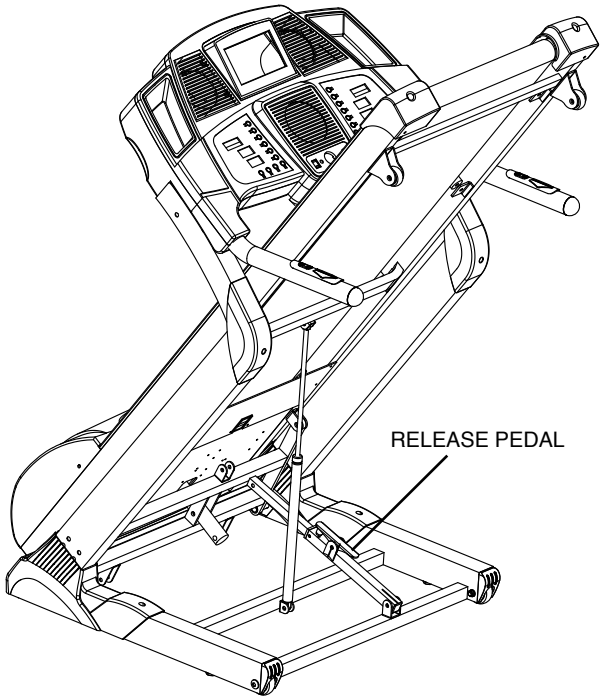
Power Up

1. Plug one end of power cable into the treadmill as shown.
2. Plug the other end into a suitable AC outlet (220/240V, 50/60Hz).
3. Switch the treadmill on using the on/off switch.
4. Attach the safety key to the console.

NOTE: Before you run on the treadmill for the first time, allow the treadmill to run independently for 10 minutes. Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see “Care & Maintenance” section for more details.

Fold up

Simply lift the running deck to fold. Make sure you hear the sound of the deck locking into position - this ensures the deck is locked in place and will not fall back down.



Fold down

1. Whilst taking the weight of the deck with your hands, step on the release pedal.
2. Still holding onto the deck, guide it slowly down to the floor.

NOTE: Make sure nothing is obstructing the deck as you lower it.

Moving the treadmill

This treadmill features 2 non marking wheels to help manoeuvrability:

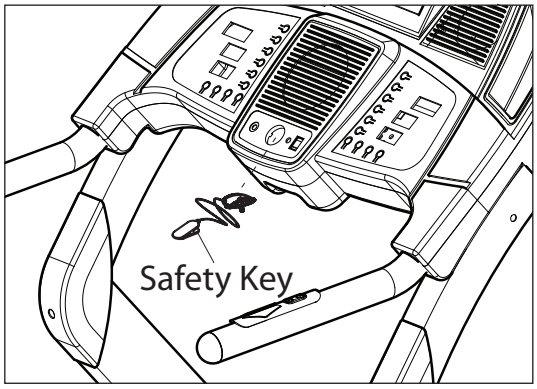
1. Folding-up the deck as explained above.
2. Stand in front of the treadmill, square on.
3. Put one hand on each of the handrails and tilt the treadmill towards you.
4. Use the handrails to push the treadmill to desired location.

NOTE: Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill.

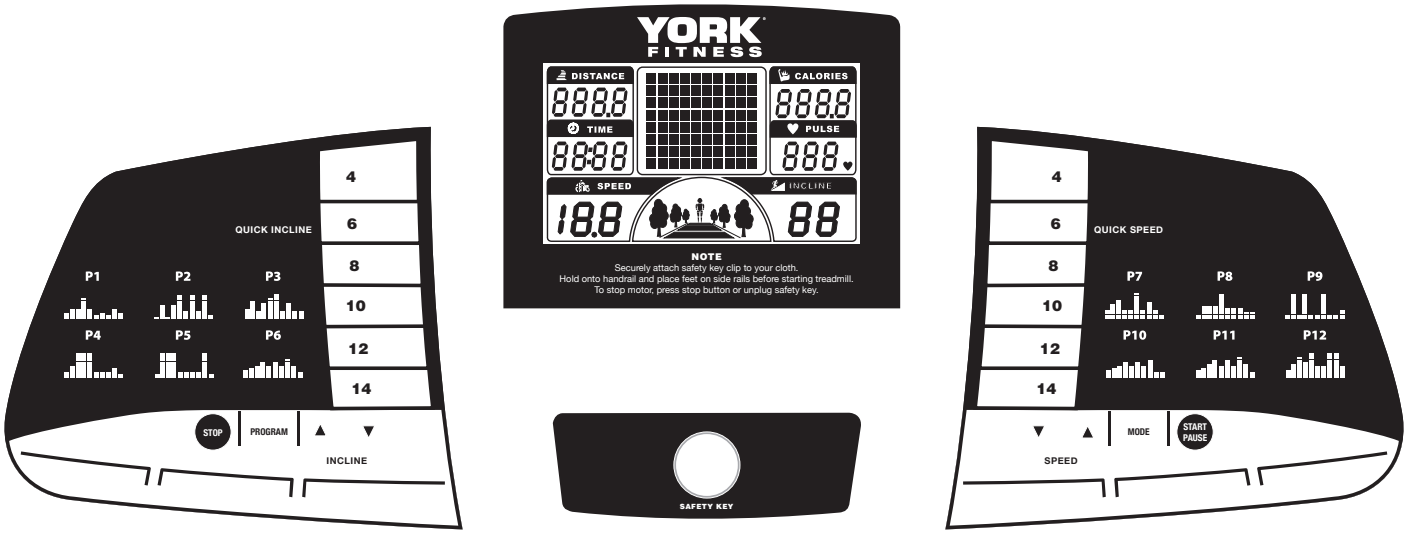
Operational instructions

Safety Key

The treadmill will only operate when the safety key is in position - if the safety key is removed while the treadmill is in operation, it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use, you should remove the safety key and store it somewhere safe, out of the reach of children.



Operating the console



Displays

	INITIALIZE	FIRST VALUE DISPLAYED	AVAILABLE RANGE FOR SETTING	DISPLAY RANGE
TIME (MIN:SEC)	0:00	30:00	5:00 - 99:00	0:00 ~ 99:59
SPEED (KM/H)	0.0	N/A	N/A	1.0 - 16.0
INCLINE (%)	00	N/A	N/A	00 - 15
DISTANCE (KM)	0.00	1.00	1.00 - 999.00	0.0 - 999.9
CALORIES (THERM)	0	50	20 - 990	0 - 999

Major function keys

KEYS	DESCRIPTION
PROGRAM	Select “Program” mode - **MANUAL MODE** › **P01** › **P02** › **P03** › **P04** › **P05** › **P06** › **P07** › **P08** › **P09** › **P10** › **P11** › **P12** › **FAT MODE**
MODE	This button is use for program setup.
START/PAUSE	Start / pause the treadmill
STOP	Stop the treadmill
SPEED +	• In exercise mode, press this key to increase speed by 1KM/H. • In setting mode, press this button to increase the setting value.
SPEED -	• In exercise mode, press this key to decrease speed by 1KM/H. • In setting mode, press this button to decrease the setting value.
INCLINE +	In exercise mode, press this key to increase incline by 1%.
INCLINE -	In exercise mode, press this key to decrease incline by 1%.
QUICK SPEED	Speed Hot Keys: **4KM/H** › **6KM/H** › **8KM/H** › **10KM/H** › **12KM/H** › **14KM/H** Use these keys to jump directly to the corresponding speed.
QUICK INCLINE	Incline Hot Keys: **4%** › **6%** › **8%** › **10%** › **12%** › **14%** Use these keys to jump directly to the corresponding incline

Pre-set Programs Data

LEVEL	P01		P02		P03		P04		P05		P06	
	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline
1	3.0	0	1.0	0	5.0	0	3.0	0	2.0	0	4.0	0
2	5.0	0	7.0	1	9.0	1	6.0	1	12.0	2	5.0	1
3	5.0	1	1.0	2	4.0	2	12.0	2	12.0	4	6.0	3
4	10.0	1	7.0	2	8.0	3	12.0	3	12.0	6	8.0	4
5	5.0	1	12.0	3	10.0	4	12.0	4	3.0	4	6.0	4
6	2.0	1	4.0	3	12.0	5	3.0	5	3.0	2	8.0	3
7	3.0	2	12.0	2	4.0	4	3.0	6	3.0	1	6.0	3
8	2.0	2	4.0	2	8.0	5	3.0	7	3.0	0	9.0	1
9	5.0	2	12.0	3	4.0	4	5.0	6	12.0	1	6.0	2
10	3.0	0	2.0	0	4.0	0	2.0	0	2.0	0	3.0	0

LEVEL	P07		P08		P09		P10		P11		P12	
	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline
1	4.0	0	2.0	0	2.0	0	4.0	0	4.0	0	4.0	0
2	7.0	1	6.0	2	12.0	1	5.0	1	5.0	1	7.0	4
3	9.0	1	6.0	3	2.0	3	6.0	2	7.0	2	10.0	8
4	4.0	3	6.0	4	12.0	5	8.0	4	9.0	3	8.0	4
5	4.0	3	12.0	4	2.0	7	6.0	6	6.0	4	12.0	8
6	12.0	5	5.0	6	2.0	9	8.0	8	9.0	5	6.0	4
7	4.0	5	5.0	6	12.0	7	6.0	6	6.0	6	6.0	8
8	8.0	7	5.0	8	2.0	5	9.0	4	10.0	7	12.0	4
9	4.0	7	3.0	8	2.0	3	3.0	2	7.0	8	12.0	8
10	2.0	0	3.0	0	3.0	0	3.0	0	3.0	0	6.0	0

Operational instructions

Quick Start

1. Make sure the treadmill is plugged in and switched on and the safety key is in position.
2. Press the **START** button.
   NOTE: The treadmill mat will slowly begin to move after a 5 second count down.
3. Use the **SPEED + / -** buttons to change the speed.
4. Use the **INCLINE + / -** buttons to change the incline.

Manual Programs

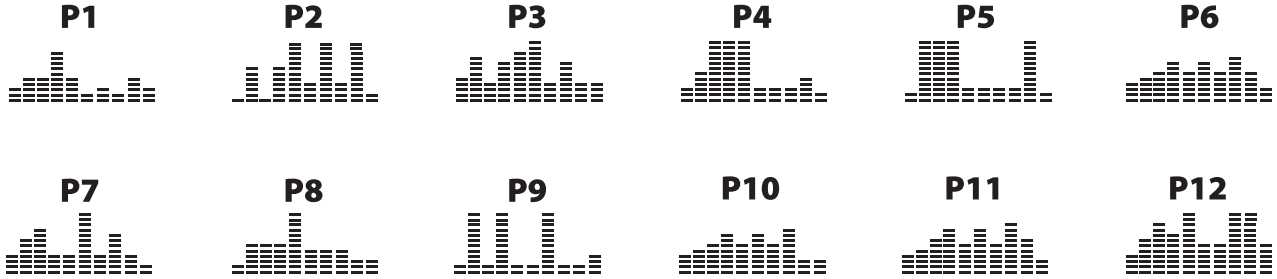
In manual mode, user is free to adjust the speed and incline setting at any point throughout the workout and switch between the following count down mode: **TIME** › **DISTANCE** › **CALORIES**

1. Make sure the treadmill is plugged in and switched on and the safety key is in position.
2. Use the **MODE** button to select a count down mode.
3. Once you have selected your desired count down mode, use the **SPEED + / -** to select your desired count down value:
   - In **TIME** mode, the default setting is 30:00(min:sec), the range of setting is 5:00 - 99:00.
   - In **CALORIES** mode, the default setting is 50(Therm), the range of setting is 20-990.
   - In **DISTANCE** mode, the default setting is 1.0KM, the range of setting is 1.0 - 999.0KM.
4. Press the **START** button.
   NOTE: The treadmill mat will slowly begin to move after a 5 second count down.
5. Use the **SPEED + / -** and quick speed buttons to change the speed.
6. Use the **INCLINE + / -** and quick incline buttons to change the incline.

Pre-set Programs

This treadmill comes with 12 pre-set programs available for you to choose from.

1. Make sure the treadmill is plugged in, switched on and the safety key is in position.
2. Press the **PROGRAM** button to select the pre-set program you want (P1~P12).
3. The default 30:00 is displayed on the window. Use the **SPEED + / -** buttons to set your workout time (5:00~99:00).
   NOTE: Each of the pre-set programs is made up of 10 segments and the length of each segment will depend on the time you set for your workout. When each segment ends the treadmill will sound a short beep alarm before changing to next segment.
4. Press **START** to begin your workout. You can change the speed / incline at any point during the workout and the rest of segments will adjust automatically.



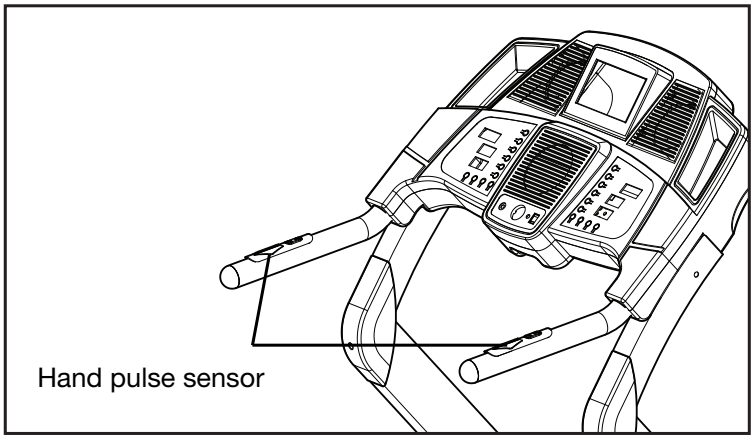
Body Fat Mode

Designed to calculate users' body fat ratio.

1. Turn on the switch and use the **PROGRAM** button to select Body Fat Program.
2. Use the **SPEED +** and **SPEED -** to select your gender from the calories window: MA (Male) ⇢ FE (Female). The default value is MA (Male).
3. Press **MODE** and use the **SPEED +** and **SPEED -** to select your age from the calorie window. The default value is 25.
4. Press **MODE** and use the **SPEED +** and **SPEED -** to select your height from the calorie window. The default value is 170cm.
5. Press **MODE** and use the **SPEED +** and **SPEED -** to select your weight from the calorie window. The default value is 70 kgs.
6. Press **MODE** and the distance window will display 00 and calorie window will display 05. Put your hands on the handle bar, 8 seconds later your body fat rate will display on the LCD window.

Monitoring your heart rate

This treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors to tight and allow the computer a few seconds to display the reading.



Hand pulse sensor

Care & Maintenance

Lubrication

An insufficiently lubricated deck will cause the belt, running deck and motor to wear out much quicker. How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months
- Medium use (3 to 5 hours a week) - every 4 months
- Heavy user (more than 5 hours a week) - every 2 months

Keeping the deck lubricated is the most important activity you can carry out to prolong the life of your treadmill. If in doubt, apply a little lubricant.

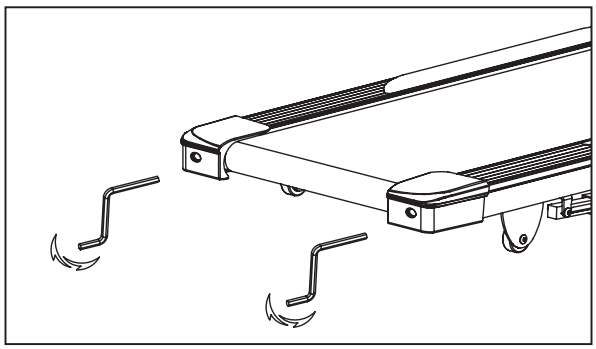
You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply.
2. Fold up the running deck, so the treadmill is in the storage position.
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can:
   - If your hand gets a light coating of lubricant then no further lubrication is required.
   - If the surface feels dry and your hand feels clean, then apply more lubricant.

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the length of the running deck (underneath the mat). It's important to try and get the lubricant as close to centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com.

Adjusting Running Mat Tension



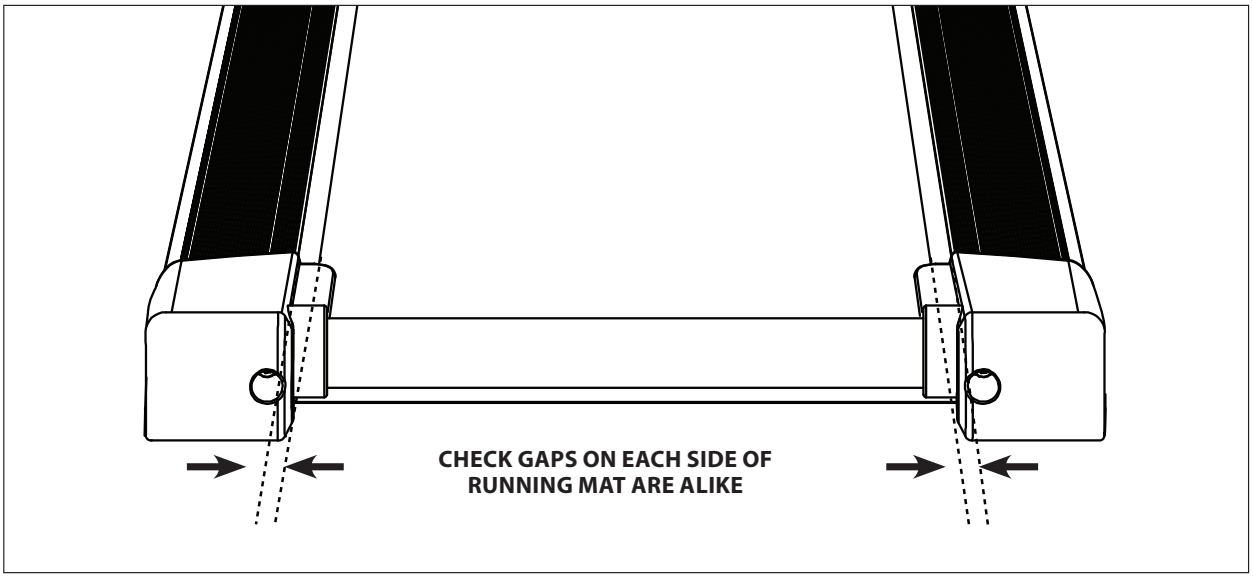
The tension of the mat has been pre-set at the factory; however, with use, the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. **Check Lubrication Before Adjusting the mat as symptoms can be similar.** To tighten the mat:

1. Set the treadmill to run at 3km/h
2. Locate the adjustment screws at the end of the treadmill.
3. Using the allen key provided, adjust both screws by 1/2 turn clockwise. If the mat is too tight, turn the screws anti-clockwise. **Do not overtighten the mat - only turn the screws 1/2 turn before re-checking the mat.**
4. Re-test the mat tension. If the mat still slips, repeat step 3

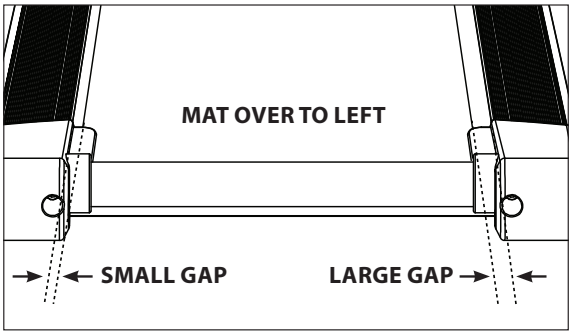
TIP: when correctly tensioned you should be able to lift the edge of the mat about 5 - 7 cm - please only check this when the power is turned off.

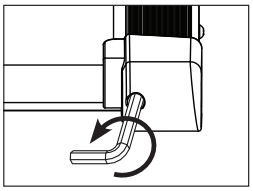
Adjusting Running Mat Alignment

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg, more weight on one foot), or if it is placed on an uneven surface - so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck.

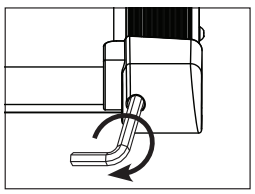


If gaps are not alike follow adjustments below:

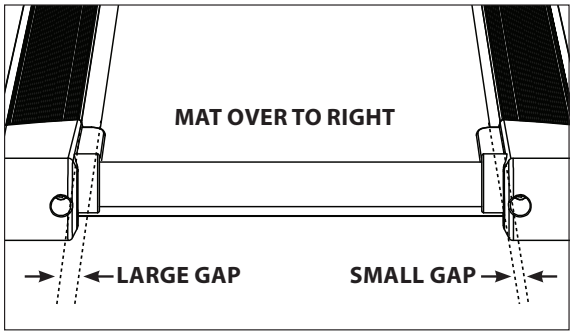


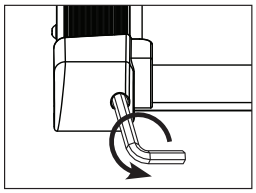


- Set treadmill running at 3km/h.
- Locate allen key into right adjustment bolt.
- Turn allen key 1 turn anticlockwise & let run.

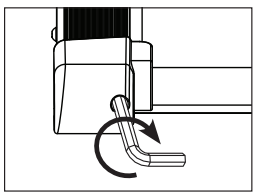


- When mat central turn allen key 1/2 turn clockwise to hold position.
- Monitor few minutes to ensure mat remains central.





- Set treadmill running at 3km/h.
- Locate allen key into left adjustment bolt.
- Turn allen key 1 turn anticlockwise & let run.



- When mat central turn allen key 1/2 turn clockwise to hold position.
- Monitor few minutes to ensure mat remains central.

Care & Maintenance

Placement in your Home

This treadmill should not be placed outdoors, in a garage or an outbuilding. Keep the treadmill in a dry place with as little temperature variation as possible. We recommend placing a mat beneath the treadmill, to protect both the treadmill and your flooring.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.
- Do not clean between the mat and running board, silicone lubricant is placed here to keep the mat running smoothly.

Run In

Before you run on the treadmill for the first time use the Quick Start instructions and allow the treadmill to run independently for 10 minutes at medium speed. (Your mat and motor have been still for some time - noise will reduce with use as the belt becomes more flexible.)

Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see Adjusting Running Mat Tension / Alignment for more details.

Troubleshooting

If you have a problem with your treadmill, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
TREADMILL WILL NOT START	Not plugged in.	Plug into suitable outlet.
	Safety key not attached correctly.	Insert safety key.
	Treadmill circuit breaker tripped.	Reset circuit breaker.
	On/Off switch not turned on.	On/Off switch turn on.
	Auto shut down time out.	Unplug and re-plug electrical cord.
TREADMILL BELT SLIPPING	Walking belt too loose.	Tighten walking belt.
	Deck needs lubrication.	Lubricate belt and deck.
TREADMILL NOISY	Loose hardware.	Tighten all visible screws, nut, and bolts.
	Motor straining.	Check mat tension - 3 finger test.
	Clicking sound - roller knocking.	Adjust rear rollers - check the tension.
INACCURATE PULSE RATE	Too much hand movement.	Stand on side rails to get accurate pulse reading.
	Palms too wet.	Dry palms.
	Gripping hand grips too tight.	Grip using moderate pressure.
	Wearing rings.	Remove all rings.

Console Troubleshooting Guide

The console will display information regarding operational faults with the treadmill. If your treadmill behaves in an unusual way and seems to have developed a fault, turn it off at the electrical outlet and then back on again. This should clear the treadmill of incidental error and prepare it for normal operation. If there is still a problem call your local York distributor for advice. Please find below some specific error messages you may see on the display:

ERROR CODE	PROGRAM DESCRIPTION
E01	Communication error
E02	Motor connection error
E03	Speed sensor error
E05	Over electrical current error
E07	Insert safety key.

In all cases turn the treadmill off at the electrical outlet and then back on again. If this does not work, call your local York distributor for advice. In the event of an electrical failure treadmill will automatically shut off. To restart:

1. Unplug the power cable from the treadmill
2. Push in the safety switch
3. Re-plug the power cable into the treadmill

Fitness guide

Starting Your Workout

Begin each workout with a Warm Up session - a few minutes of stretching to help prevent strains, pulls and cramps.

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails (either side of the running mat).
2. Activate the treadmill (using the details found in the Operation Instructions).
3. The treadmill will always start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

Finishing Your Workout

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails (either side of the running mat).
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.

Correct Running Form

- Run in the centre of the running mat.
- Keep your head erect and look straight ahead.
- Shoulders should be square and level, don't round your shoulders or swing them forwards or backwards.
- Keep your torso erect with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

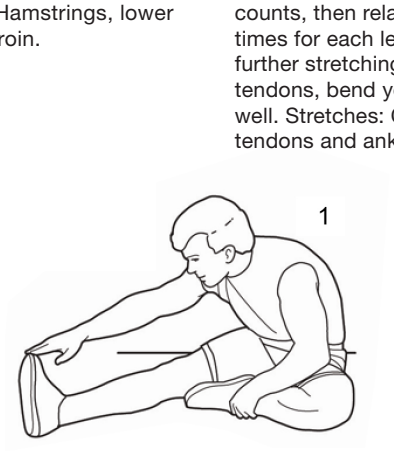
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

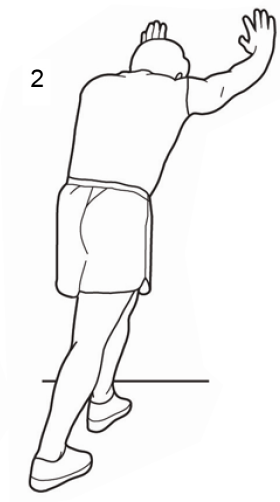
3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

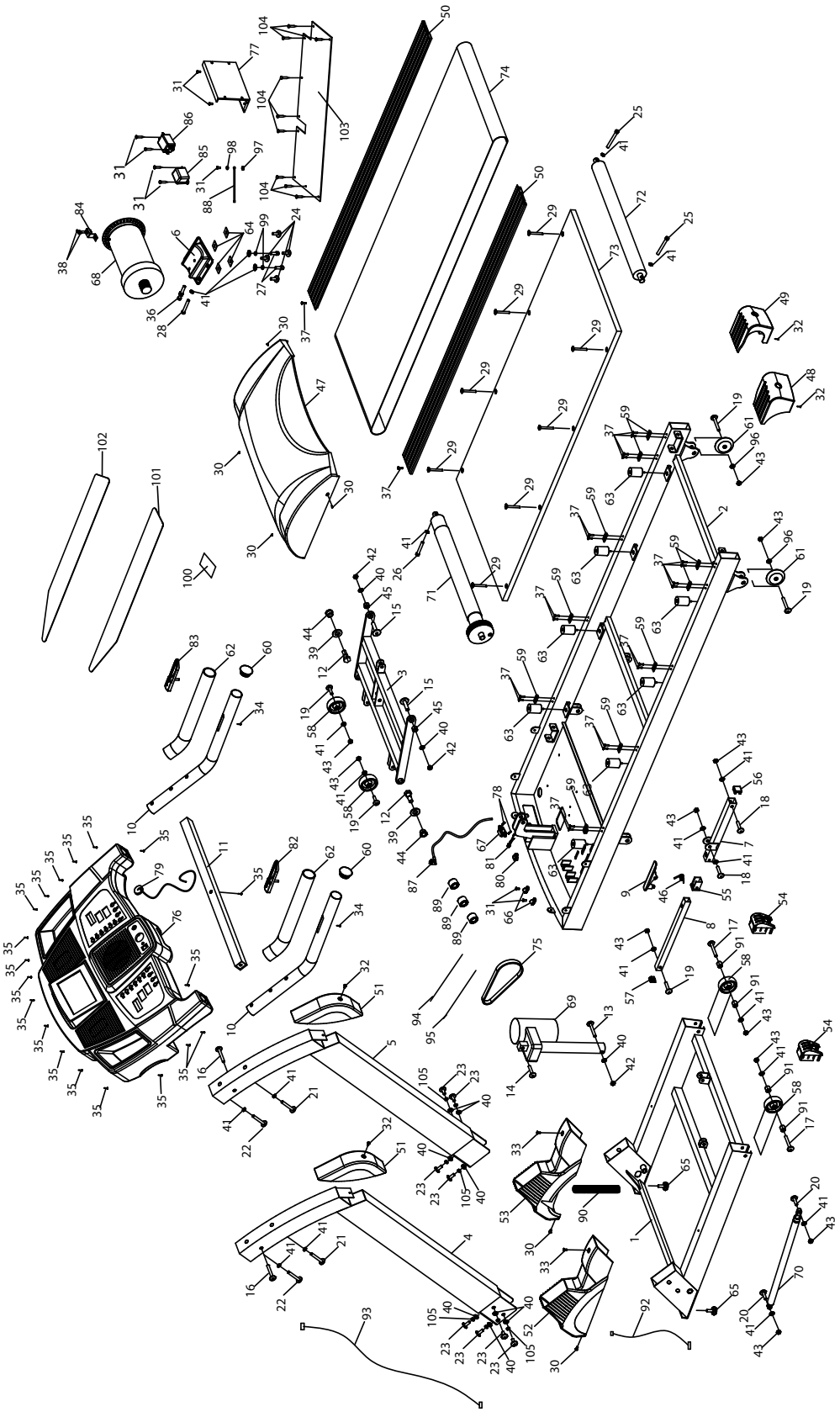
185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Exploded drawing



Part list

York Ref.	Ref.	Description	Qty.
51112-1	1	BOTTOM FRAME WELDMENT	1
51112-2	2	MAIN FRAME WELDMENT	1
51112-3	3	INCLINE SHELF WELDMENT	1
51112-4	4	LEFT UPRIGHT POST WELDMENT	1
51112-5	5	RIGHT UPRIGHT POST WELDMENT	1
51112-6	6	MOTOR-SHELFED FRAME WELDMENT	1
51112-7	7	OUTER TUBE WELDMENT	1
51112-8	8	INNER TUBE WELDMENT	1
51112-9	9	PEDAL	1
51112-10	10	HANDLE PIPE WELDMENT	2
51112-11	11	COMPUTER POST WELDMENT	1
51112-12	12	6 CORNER HALF THREAD SCREW (M12 X Ø14 X 35 X 19)	2
51112-13	13	ALLEN HALF THREAD SCREW (M10 X 60 X 20)	1
51112-14	14	ALLEN HALF THREAD SCREW (M10 X 40 X 20)	1
51112-15	15	ALLEN HALF THREAD SCREW (M10 X 35 X 20)	2
51112-16	16	ALLEN HALF THREAD SCREW (M8 X 65 X 20)	2
51112-17	17	ALLEN HALF THREAD SCREW (M8 X 60 X 20)	2
51112-18	18	ALLEN HALF THREAD SCREW (M8 X 45 X 20)	2
51112-19	19	ALLEN HALF THREAD SCREW (M8 X 40 X 20)	5
51112-20	20	ALLEN HALF THREAD SCREW (M8 X 30 X 20)	2
51112-21	21	ALLEN HALF THREAD SCREW (M8 X 90 X 25)	2
51112-22	22	ALLEN HALF THREAD SCREW (M8 X 80 X 25)	2
51112-23	23	ALLEN HALF THREAD SCREW (M10 X 20)	8
51112-24	24	ALLEN HALF THREAD SCREW (M8 X 15)	4
51112-25	25	ALLEN FULL THREAD SCREW (M8 X 75)	2
51112-26	26	ALLEN FULL THREAD SCREW (M8 X 60)	1
51112-27	27	ALLEN FULL THREAD SCREW (M8 X 20)	2
51112-28	28	ALLEN FULL THREAD SCREW (M8 X 75)	1
51112-29	29	CROSS SCREW (M6 X 30)	8
51112-30	30	CROSS SCREW (M5 X 10)	6
51112-31	31	CROSS SCREW (M4 X 10)	9
51112-32	32	CROSS SCREW (ST5 X 15)	4
51112-33	33	CROSS SCREW (ST5 X 12)	2
51112-34	34	CROSS SCREW (ST4 X 30)	2
51112-35	35	CROSS SCREW (ST4 X 25)	19
51112-36	36	MOTOR BOLT WELDMENT	1
51112-37	37	CROSS SCREW (ST4 X 15)	22
51112-38	38	CROSS SCREW (ST3 X 10)	2
51112-39	39	FLAT WASHER (Ø14)	2
51112-40	40	FLAT WASHER (Ø10)	11
51112-41	41	FLAT WASHER (Ø8)	21
51112-42	42	6 CORNER LOCK NUT (M10)	3
51112-43	43	6 CORNER LOCK NUT (M8)	11
51112-44	44	METAL BUSHING (Ø24 X Ø19 X Ø14 X 14 X 3)	2
51112-45	45	METAL BUSHING (Ø17 X Ø10 X 12)	2
51112-46	46	SPRING (Ø14 X Ø2 X 14)	1
51112-47	47	MOTOR COVER	1
51112-48	48	REAR COVER (L)	1
51112-49	49	REAR COVER (R)	1
51112-50	50	SIDE RAILS	2
51112-51	51	UPRIGHT POST COVER	2
51112-52	52	BASE COVER (L)	1
51112-53	53	BASE COVER (R)	1
51112-54	54	TUBE CAP	2

York Ref.	Ref.	Description	Qty.
51112-55	55	SQUARE END CAP	1
51112-56	56	SQUARE END CAP (25 X 25)	1
51112-57	57	SQUARE END CAP (20 X 20)	1
51112-58	58	WHEEL (62MM)	4
51112-59	59	T SHAPE SIDE RAIL GUILDER	10
51112-60	60	ROUND COVER	2
51112-61	61	MAIN FRAME WHEEL	2
51112-62	62	FOAM	2
51112-63	63	CUSHION	8
51112-64	64	CUSHION	4
51112-65	65	FEET PAD	2
51112-66	66	WIRE CLIP	2
51112-67	67	PLUG	1
51112-68	68	MOTOR	1
51112-69	69	INCLINE MOTOR	1
51112-70	70	SOFT DROP	1
51112-71	71	FRONT ROLLER	1
51112-72	72	REAR ROLLER	1
51112-73	73	RUNNING DECK	1
51112-74	74	RUNNING BELT	1
51112-75	75	MOTOR BELT	1
51112-76	76	CONSOLE	1
51112-77	77	CONTROLLER	1
51112-78	78	CROSS SCREW (ST4 X 10)	2
51112-79	79	SAFETY KEY	1
51112-80	80	SWITCH	1
51112-81	81	FUSE HOLDER	1
51112-82	82	INCLINE HANDLE PULSE COMPONENT	1
51112-83	83	SPEED HANDLE PULSE COMPONENT	1
51112-84	84	SPEED SENSOR	1
51112-85	85	INDUCEMENT	1
51112-86	86	FILTER	1
51112-87	87	POWER CORD	1
51112-88	88	EARTH WIRE	1
51112-89	89	MAGNETIC RING	3
51112-90	90	WIRE PROTECTOR	1
51112-91	91	TUBE	4
51112-92	92	BASE WIRES	1
51112-93	93	UPRIGHT POST WIRES	1
51112-94	94	CONNECT WIRE (RED)	1
51112-95	95	CONNECT WIRE (BLACK)	1
51112-96	96	FLAT WASHER (Ø8 X Ø16 X T4.0)	2
51112-97	97	WASHER (Ø5)	1
51112-98	98	SPRING WASHER (Ø5)	1
51112-99	99	SPRING WASHER (Ø8)	2
51112-100	100	FIXING PACK	1
51112-101	101	NON-SLIP GRIP (LEFT)	1
51112-102	102	NON-SLIP GRIP (RIGHT)	1
51112-103	103	MAIN FRAME BOTTOM COVER	1
51112-104	104	CROSS SREW (ST4 X 12)	9
51112-105	105	SPRING WASHER (Ø10)	8

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